

# Indiana Adult Smoking Cessation

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Quitting smoking is difficult to do, and with 1.2 million adult smokers in Indiana, there are many people that need help quitting. Despite the number of Hoosier smokers, nearly half (48.5%) tried to quit smoking in the past year and more than 193,000 Hoosiers smokers were successful in quitting.

Data shown here describes the cessation desires of Hoosier smokers and factors that help them quit.

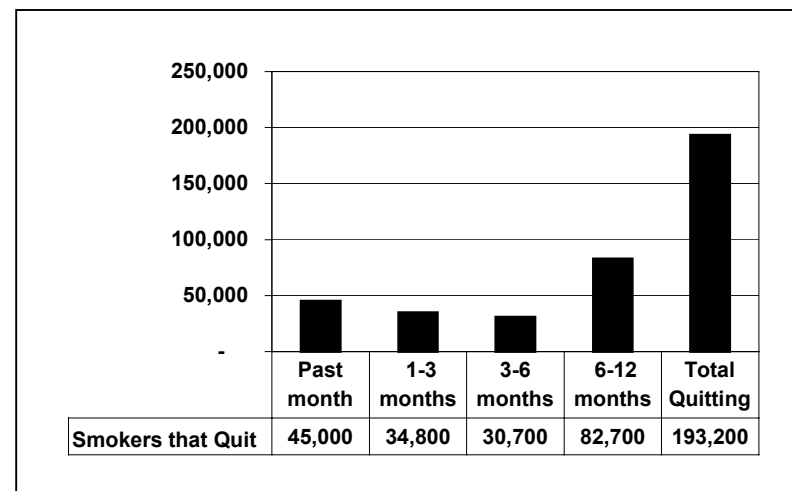
## Indiana Adults Quitting Smoking in Past Year

- Over 193,000 adult smokers successfully quit cigarette smoking.
- More than 148,000 Indiana adults quit smoking for one month or longer last year. An additional 45,000 new quitters, quit smoking within the past 30 days of the survey.

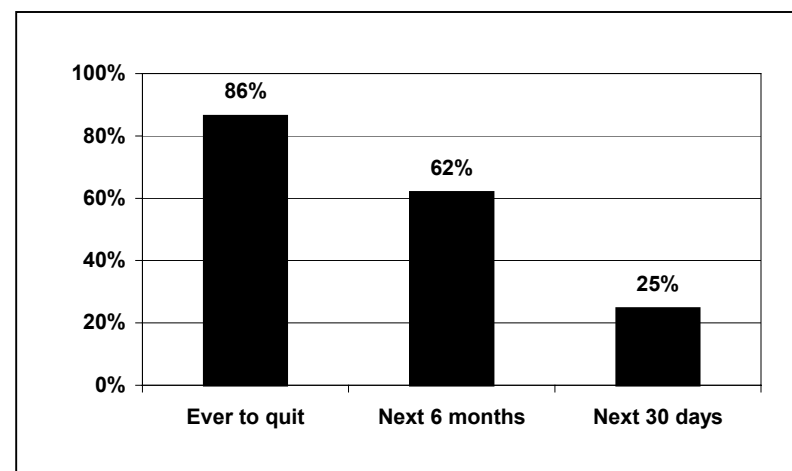
## Indiana Adult Smokers Intentions to Quit Smoking

- Eighty-six percent (86%) of current smokers expect to quit smoking at some time in their lives.
- Sixty-two percent (62%) of smokers are planning to quit in the next six months.
- Twenty-five percent (25%) of smokers want to quit in the next thirty days.

## Indiana Adults Quitting Smoking in Past Year



## Indiana Adult Smokers Intentions to Quit Smoking



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## Predictors of Quit Intentions

Many Hoosiers are thinking about changing their behaviors and preparing themselves to quit tobacco use. Several factors influence whether Hoosier adults have intentions to quit smoking or will attempt to quit:

- As a smoker ages, they are more likely to quit smoking.
- Beliefs about the dangers of secondhand smoke also cause more smokers to want to quit smoking.
- Smokers who received advice from a physician were 2.5 times more likely to want to quit smoking than those not receiving advice from their doctors.
- African Americans are 7.5 times more likely than Whites to have quit intentions.

## Indiana Adult Smokers Awareness of Cessation

- Many smokers need help to quit smoking, and majority (60%) of Hoosiers are aware of local resources to help them quit.
- However, only 20% of smokers quitting smoking last year used medication and only a few (4%) used cessation counseling to help them quit.

Hoosier smokers are ready to quit smoking and many know of available resources to help them quit. Cessation services are available in all of Indiana's 92 counties. Visit [www.itpc.in.gov/community.asp](http://www.itpc.in.gov/community.asp) to find the coalition working in your community.

## Predictors of Successfully Quitting Smoking

Certain factors also impact whether smokers are successful when they quit smoking.

- Hoosiers that did not allow any smoking in their homes were nearly twice as likely to successfully quit compared to those without smoking rules.
- Eighty-seven percent (87%) of nonsmoking and 51% of smoking households have smoking restrictions inside the home.
- Beliefs in the harmful effects of secondhand smoke also impacted whether Hoosier smokers successfully quit smoking.